



## Program exposes ROTC cadets to Air Force flying



Photo by Airman Timothy J. Stein

Cadet Meghan Peters, University of Alaska senior, climbs into the T-38 simulator Wednesday at Laughlin. Peters is one of 300 ROTC cadets who will visit Laughlin this summer as part of the Jet Orientation 2002 program.

**By Airman Timothy J. Stein**  
Staff writer

Laughlin Air Force Base welcomed 100 Air Force ROTC cadets from Lackland Air Force Base Tuesday and Wednesday as part of Jet Orientation 2002.

Jet Orientation is an annual program to provide ROTC cadets exposure to Air Force flying operations while they are participating in a four-week summer field-training course at Lackland. Laughlin will host 200 more students throughout the rest of June and July.

While on base, the students receive an orientation flight in a T-37, T-38 or T-1 aircraft, egress training, tours of the tower, radar approach control and aircraft static displays.

Students receive simulator rides if the weather makes an orientation flight not possible.

"It gives [the students] a good overview of our operations," said Maj. Steve Brannan, 86th Flying Training Squadron assistant flight commander. "It shows them a day in the life of a pilot."

So far, Brannan has received positive feedback from the students.

"The students have been leaving motivated and excited," he said.

"They are really interested in pilot training."

Flying is something many of the students have always wanted to do.

"I grew up on a military base

**See 'JETO,' page 6**

## Survey says: 'Base climate is well'

### Compiled from staff reports

The 2002 Air Force Chief of Staff Organization Climate Survey has come and gone, and Laughlin's participation surpassed expectations.

The CSAF Survey is given to Air Force active-duty members and appropriated-fund civilians so that the Air Force Chief of Staff can know how Air Force people feel about issues affecting their day-to-day work.

**See 'Survey,' page 9**

## Civil Engineer Squadron cares for troops



Photo by Senior Airman Brad Pettit

(From left) Kenneth Gonzales, 47th Civil Engineer Squadron firefighter, Airman 1st Class Jason McMillon, 47th CES firefighter, and Airman 1st Class Shannon Custer, 47th CES commander support staff, load care packages on to a fire truck May 31.

### Compiled from staff reports

Members of the 47th Civil Engineer Squadron recently sent their best wishes, along with care packages, to deployed Laughlin firefighters supporting Operation Enduring Freedom.

Three packages containing food items not available in their areas of deployment, as well as reading material for entertainment and skill-level upgrade training, were sent to the deployed firefighters.

According to Senior Master Sgt. Daniel Raymond, 47th CES deputy fire chief, the packages were put together to show the continued support of the 47th CES for its deployed troops.

**See 'Care,' page 6**



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# Commanders' Corner

By Lt. Col. Peter Godwin

47th Flying Training Wing inspector general

## Inspectors general: an interesting history

Many people have asked me "how did the office of the inspector general get started?" I must admit I really didn't know, so I decided to not only answer the question, but also provide a brief glimpse into what I think you'll find is a unique and interesting history of this office.

In his 1629 Articles of War, King Charles I of England decreed "The inspector general must have a horse and some soldiers to attend to him and all the rest commanded to obey and assist, or else the service will suffer. For he is but one and must correct many, therefore he cannot be beloved..."

On Oct. 26, 1777, Gen. George Washington met with a council of other general officers to discuss the appointment of an inspector general, whose duties should be to determine,

with the consent of the commander-in-chief, the instruction, discipline, strength and condition of all organizations, their accounts, rations, arms, equipment and the capacity

of all officers. His reports would go to the board of war and a copy to the majors of regiments and all complaints and grievances to Congress.

Eventually, Lt. Gen. Baron von Steuben was appointed as an acting inspector general. In December 1777, he arrived at Valley Forge to begin his duties. Von Steuben faced an Army without sufficient arms, rations, clothing, organization, medicine, instruction or discipline. He quickly

*"A typical inspector general is a man past middle age, spare, wrinkled, cold, passive, noncommittal, with eyes of a codfish..."*

--Gen. George Patton

developed a practical training program which greatly improved morale, discipline and capability.

For his exceptional work, Von Steuben was appointed as the

first inspector general on May 5, 1778.

Our Air Force IG roots go back to 1927 with the creation of the Inspection Division under the chief of the Army Air Corps. The new division performed technical inspections in support of flight safety.

By the end of World War II, this function was aligned under the air

**See 'Inspectors,' page 3**

## Top Three Talk

By Master Sgt. Julio Rosario

96th Flying Training Squadron administration chief



## Air Force career is filled with challenges

I am originally from Rio Piedras, Puerto Rico, but I lived in Racine, Wis., for 11 years. I am sure my reasons for making the Air Force a career aren't much different from most individuals who join the armed services. I had graduated from high school, worked a few jobs but wanted to get away from home.

I decided to see an Army recruiter with my brother. My brother enlisted, but I wanted to work on planes, cars or do some type of administration. The recruiter wanted to put me on a field with a generator creating smoke to keep the friendly forces from being shot. I asked him, "Are you crazy? Who do you think

they are going to shoot first?" It didn't take a rocket scientist to figure that one out. I immediately saw an Air Force recruiter and enlisted in 1982.

My first assignment was at Carswell Air Force Base, Texas, from April 1983 to November 1992. Upon completing 10 years of active duty, I worked as a "Troffer" for the 301st Fighter Wing, at Carswell, from November 1992 to June 1999. Then I was put on active duty orders assisting the 301st Logistic Squadron. This was one of the highlights of my Air Force career. I deployed to Aviano, Italy, in 1994; to Darwin, Australia, in 1995; deployed back to

Aviano in 1996; and finally to Denmark in 1997. In March 1999, I became an Air Reserve technician and joined the 340th Flying Training Group.

My wife, Fatima Rosario, completed four years active duty at Carswell and joined the 301st Fighter Wing as an Air Reserve technician. In 1997, she was hired as a top personnel person to join and set up the 340th FTG. This was a bit of a tough decision, since our family had never been separated. In June 1999, I finally joined the 340th FTG and was assigned to the 100th Flying Training

**See 'Rosario,' page 3**



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*"Excellence –  
not our goal,  
but our  
standard."*

– 47th FTW motto

# Motorcycle safety important

*This article was originally printed in the Biloxi Sun Herald. It concerns motorcycle riding at Keesler Air Force Base, Miss. It was written by an Ocean Springs, Miss., resident named Richard Tinsley.*

The motorcycle rider who complained in Sound Off about regulations has much to learn about motorcycle safety. I hope that by the time he reaches 73 years of age, and has ridden for 61 years with 750,000 miles, as I have, he will have changed his views a bit.

Registration and operation of a motor vehicle, two-wheel or four, on a military installation is a privilege, not a right.

The Sound Off writer might be incredulous to learn that from 1951 to 1970 motor-

cycles were not permitted on Keesler Air Force Base.

I well remember this era because I was the last motorcycle rider out the gate at midnight June 30, 1951, and was the first rider in the gate at one minute after midnight on July 1, 1970.

These restrictions were the result of excessive accidents, deaths and huge medical costs resulting from motorcycle accidents. By direction of the commander of Air Training Command, a motorcycle-safety program was instituted on Keesler in early 1970. This involved publication of a manual, vehicle mechanical inspections, hands-on rider training and evaluation and rider licensing.

This program was carried out with volunteer assistance from the Coast Roadrunners Motorcycle Association. I

was in charge of the program, under the direction of the chief of Security and Law Enforcement, until I retired. Subsequently, Tech. Sgt. Lloyd Wallace of Ocean Springs was in charge until his retirement. The program was lauded a great success, with accidents involving Keesler personnel being reduced over 300 percent in its first two years.

My heart bleeds for the young man who finds it uncomfortable to wear protective clothing when riding. If only he knew the importance of being seen on a motorcycle by auto drivers, he probably would not be whining about having to wear a lightweight reflective vest, which hundreds of thousands of riders over the country wear as an essential part of their protective gear. God help these young riders.

## 'Inspectors,' from page 2

inspector. During World War II, the role of the IG took on many opinions. Here's what Gen. George S. Patton thought about the IG, "A typical inspector general is a man past middle age, spare, wrinkled, cold, passive, noncommittal, with eyes of a codfish, polite in contact, but at the same time unresponsive, calm and damnably composed as a concrete post or plaster of Paris cast, a human petrification with a heart of feldspar and without charm or friendly germ, minus bowels, passion or a sense of humor. Happily, they never reproduce and all of them finally go to hell." Hmmm, quite an interesting view of the elite office of which I proudly serve.

In 1948, after the Air Force became a separate service, the inspector general was designated to oversee all inspection and safety functions. Lt. Gen. Hugh Knerr was appointed as the Air Force's first IG. His mission: special investigations, inspection and security. Legendary Air Force IGs who followed Knerr were Lt. Gen. Selmon Wells during the strict-compliance era and Lt. Gen. John Ryan, who went on to become Air Force chief of staff.

Today, the IG independently assesses the discipline, readiness and efficiency of the Air Force, directly supporting the commander-in-chief.

## 'Rosario,' from page 2

Squadron "Tuskegee Airman." I had the privilege and honor to take part in standing up the unit and meeting some of the most remarkable individuals that started Tuskegee. Soon after, I moved to the plans and programs where I took on various tasks. The largest task was accomplishing the file plans for the 340th FTG. Due to this move, I had the opportunity to go TDY to the 96th FTS, here at Laughlin. Upon learning of an Active Guard Reserve position at the 96th FTS, I decided to apply and was selected.

I have been looking for the opportunity to complete my active duty time. I look forward to pinning on the rank of senior master sergeant, hopefully within the next four years. After I retire, I may continue to serve as a civilian employee.

I have made many friends in the Air Force. A lot of them have joined the civilian ranks, and regret leaving the Air Force. They came to realize today they could be retired. The benefits and the retirement pay may not be a big factor in a first- or second-term airman career decision, but when the economy changes and you find yourself struggling for a better job and benefits, you realize that you should have stayed in the Air Force. You start thinking of how the years have gone by, and you could already be drawing a retirement.

## Actionline 298-5351

This column is one way to work through problems that haven't been solved through normal channels. By leaving your name and phone number, you are assured of a timely personal reply. It's also very useful in case more information is needed in order to pursue your inquiry. If you give your name, we will make every attempt to ensure confidentiality when appropriate.



*Rick Rosborg*  
**Col. Rick Rosborg**  
47th FTW Commander

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle.

## Random searches

**Question:** I'm curious why I was pulled over on my way off base. I was informed that my driving privileges would be revoked if I denied the search. I know it wasn't the nice gentleman's fault, but I don't understand being searched when you're leaving the base. People coming on base from the local area are the ones who need to be searched.

**Answer:** You were stopped at a random vehicle checkpoint. These random checks are a necessary element of force protection and are required per Air Force Instruction. The time and location of these checks are computer-generated, so they are completely random. The primary purpose in stopping people going off base is to deter people who consider removing unauthorized government property from the installation.

## Airmanship

*Intended to help all airmen articulate the Air Force's vision of aerospace power*

### What is mass?

Mass is the principle and practice of concentrating combat power. For the Air Force, mass means concentrating the potential of aerospace power at a certain point in time and space to create a specific effect. Mass also helps create overwhelming effect.





Gen. Jumper



## CHIEF's Sight Picture

By Gen.  
**John P.  
Jumper**  
*Air Force  
Chief of  
Staff*



  
**AIR FORCE**  
Air & Space Power

# Organizational structure to change

Our service has witnessed dramatic change over the past decade. Beyond our transitioning to an expeditionary construct to address this new environment, we have made few changes to our organizational structure. Right up front, I want to say that nothing is broken – I'm extremely proud of the job each of you have done rising to meet our many challenges. People are working hard to make our weapons systems work, and the successes of the past 12 years tell us that we can organize for success in more than one way. Many questions arise: Are we organized as smart as we could be, given all we have learned about the expeditionary world we've lived in over the past decade plus? If we are to continue to deploy in sub-squadron size packages into expeditionary wings as part of Joint Task Forces, are we organized at home the way we should be? If we are to continue to deal with aging weapons systems, are we growing the right kind of focused maintainer to deal with those problems? If the trends of the last decade continue to dictate that we deploy rapidly into tent cities on bare or ill-prepared bases, are we growing the kind of support personnel who understand all that is needed to pick up a unit, get it there, and sustain it?

When it comes to deploying and sustaining the force to fight our nation's wars, I believe the two hardest things we do in our Air Force are flying and fixing our weapons systems – especially old weapons systems. This does not mean that the rest of us who don't have a stick, yoke, launch button or wrench in our hands are not important. It means that the nation pays for an Air Force to help win the nation's wars and our value as air and space warriors is measured by how we contribute to those victories. If you wear a blue suit or are a civilian in the Air Force you are an important part of our victories. I believe that flying and fixing our weapons systems are essential skill sets, along with mission support. Each requires PhD-level expertise, proficiency and leadership. This level of proficiency is only possible if we allow our leaders to develop great depth in their specific fields. It is for this reason that we will transition into a new Combat Wing Organization designed to fully



Photo by Patricia Watson

Oscar Cantu, 47th Operations Group aircraft mechanic work leader, measures a T-38 rudder travel during a periodic inspection. Under the coming organizational structure changes, some maintenance divisions will become maintenance groups. It is yet to be determined how these changes will affect Laughlin's structure.

develop commanders with specific functional expertise to fully plan and execute air and space power as part of expeditionary units.

The Combat Wing Organization will retain the **Operations Group**, which will continue to focus on the skills of tactical employment that make ours the greatest Air Force in the world. The group and squadron commanders will be leaders in the air and on the ground – role models, ready to lead the first missions into combat. The planning, training, and employment of our weapon systems are fundamental core capabilities and require the undivided attention of our operational commanders. We will also ask the commanders in our Operations Group to become more active in the operational level of war – the skills of commanding air and space power.

Maintaining the health of our aging fleets balanced with the need to produce the sorties that help win wars is a core capability that requires focus and proficiency. To that end we will establish a **Maintenance Group**. Commanders within the Maintenance Group will be responsible for the full spectrum of base-level weapon system maintenance and to produce sorties at the designated

rates. Units within the maintenance organization will continue to be identified with, located with, and deployed with the operational squadron they support. This will include slices of maintenance organizations such as munitions, component and equipment maintenance designated to deploy with specified units. They will wear the colors of that squadron and will continue to interface on a daily basis with the scheduling and detailed integration of that squadron's activities. The Maintenance Group commander is expected to be the role model to maintainers just as the Operations Group commander is to the operators.

Recent events have clearly focused us not only on sustaining home base capabilities, but also on rapidly employing our weapon systems and establishing our operational presence anywhere in the world. This expeditionary capability will fall largely on the professionals in our new **Mission Support Group**. This group merges the current Support Group with the Logistics Readiness, Contracting, and Aerial Port Squadrons as applicable. Here is where we will hone the expeditionary skills

**See 'Structure' page 5**

# Quotes define leadership

**By Lt. Col. John Sieverling**

Luke Air Force Base, Ariz.

What better way to explain what leadership means than by sharing several quotes that have left a lasting impression on me during assignments spanning 18 years of military service.

*"Take care of your people, and they'll take care of you."* I'm not sure who came up with this early version of "putting people first." It should be rather obvious, but too many superiors, myself included at times, spend too much time passing e-mail back and forth instead of getting out of the office and personally interacting with people. Loyalty and trust work both ways.

*"If Mama ain't happy, ain't nobody happy."* Yes, this is a leadership quote, even if I read it on my mother-in-law's potholder. The obligations of military duty often conflict with achieving marital bliss, but take every opportunity to make sure your significant other is enjoying the ride. Also, a quick "How's it going?" phone call to that deployed member's spouse will do more for retention than you will ever know.

*"A good plan, violently executed now, is better than a perfect plan next week."* General Patton was obviously speaking in terms of land combat, but I contend this certainly applies in peacetime as well. Nothing can be more frustrating than waiting days or weeks for the boss to make that perfect decision. Get the best informa-

tion available, make the call and move ahead.

*"Treat others like you want to be treated."*

A very famous Jewish carpenter said this more than 2000 years ago, but the "Golden Rule" holds true in leadership situations as well. When you think that your rank permits you to be rude or disrespectful, please seek alternative employment – you are now demanding respect instead of commanding it. That sucking sound was your departing credibility.

*"Never tell people how to do things. Tell them what to do and they will surprise you with their ingenuity."* This is Gen. Patton's ultimate

anti-micromanagement quote. Although it's often easier to tell your subordinates exactly how to do a particular task, who says you know the smartest way to do

it? Micromanagement stifles initiative and kills motivation. The folks in the trenches know the best way, so practice "centralized control and decentralized execution" and get out of the way.

*"You don't get promoted; your records do."* I'm not sure when I first heard this one, but it makes enormous sense. Your subordinate may, in fact, be the sharpest officer or NCO meeting that board, but if his or her records don't say so, too bad. Individually, make sure your records are error-free months before that board convenes.

*"You catch more flies with honey than vinegar."* I've seen too many junior NCOs and officers try to use their rank to solve problems in-

stead of using kindergarten basics like courtesy and respect. While you don't have to "sell" your guidance, there is no reason to immediately pull rank or talk down to a subordinate. Always reach for the carrot first; use the stick only as a last resort.

*"When the eagles are silent, the parrots will begin to jabber."* Winston Churchill offered some great advice to those in leadership positions: glaring problems in your unit won't go away by ignoring them and get worse as the rumor mill cranks up. Know what your airmen are concerned about and confront those issues head-on, however unpleasant it may be.

*"Be an example to your men in your duty and in private life. Never spare yourself, and let the troops see that you don't in your endurance of fatigue and privation. Always be tactful and well-mannered, and teach your subordinates to be the same. Avoid excessive sharpness or harshness of voice, which usually indicates the man who has shortcomings of his own to hide."* I wasn't too fond of this long quote I had to memorize 22 years ago at the Air Force Academy, but Field Marshall Erwin Rommel puts leadership by example in a nutshell. Enough said.

*"The three Fs of priorities: Faith, Family, and Air Force."* Not many commanders will say your job comes in third place behind your relatives and your spiritual health, but I contend this is the proper priority for a successful Air Force career of any length. Ask any former POW what carried them through their ordeal.

## 'Structure' from page 4

of crisis action planning, force protection, load planning, communications, in-transient visibility, reception, contracting actions, base preparation, munitions and fuels site planning, personnel readiness and contingency bed down. Contingency bed down will include such areas as falling in on an existing expeditionary wing or group, weapon storage, tent city administration and integrating with a contingency theater's supply system. We are just beginning to develop this skill set. The spectrum of skills required to be a proficient mission support commander now reside as unrelated elements. These skill elements need to be brought together as a core competency as we are

tasked to operate large support functions which in some cases are not associated with deployed Air Force operational units.

**Medical Groups** will remain organized as they are although specific changes that deal with medical operations at home and deployed are being worked for implementation.

Our Combat Wing Organization will allow us to grow leaders with the depth of experience and expertise needed to plan and execute in the full spectrum of deployment, combat planning, execution and sustainment. Although the reorganization is called the Combat Wing Organization this is not just about the wings that fly – almost every unit in the Air Force supports our Air Expeditionary Force in some way. Our support unit leader-

ship will be trained in the dynamics of contingency support with the opportunity to command during deployed operations. Over the next several months, we will identify the way ahead for increased training opportunities for leaders of these groups.

One difficult part of this transition will be for the units whose flightline maintenance will transfer to the command of the Maintenance Group. I have already heard from some who talk about "losing" their maintainers, or believe we are organizing away from the way we will deploy and fight. This is simply not true. When I was a squadron commander there was an Aircraft Maintenance Unit attached to my squadron. I didn't command the AMU. The officer in charge of the AMU

was trained by the Colonel who ran the maintenance organization. This colonel had been in the business of maintaining airplanes for 24 years. When the squadron deployed, there was no doubt that the AMU would come under my command. But that AMU had been trained by someone who knew the fixing business as well as I knew the flying business.

The Combat Wing Organization is very similar to the organization that was in place between 1978 and 1991. It is the organization that brought us Mission Capable rates greater than 90 percent in Desert Storm and it works. As I said in the beginning our operators have not flunked maintenance – we aren't fixing something that's broke, we are making it better. Thank you for your support.



### **'JETO,' from page 1**

watching the planes flying in the air," said Cadet Brian McGraw, North Carolina State University junior. "I decided that is something I wanted to do."

Laughlin may have left its mark on some of the students.

"I love it here," said Cadet Preston O'Brien, University of Oklahoma junior. "[Laughlin] has beautiful planes and the people here are really great."

### **'Care,' from page 1**

"We wish them well," he said. "They deserve to know that we are proud of what they are doing over there and have not forgotten them."

Raymond also emphasized how putting the care packages together was a group effort by the entire 47th CES.

"Everyone really came together to make this happen," he said. "Many people throughout the squadron helped us get these packages together and in the mail. I hope the troops appreciate them."

Deployed firefighters are: Tech. Sgt. Christopher Ostrum, Staff Sgt. Sean McCauley, Staff Sgt. James Surace III, Senior Airman James Henry, Senior Airman Eric Gonzales and Airman 1st Class Michael Houston.

The firefighters, deployed March 21, are expected to be gone for 179 days.



Photo by Airman Timothy J. Stein

## **Thanks for playing**

Jordan Krebs, son of 2nd Lt. Andrew and Lyndie Krebs, accepts a certificate and a trophy for playing T-ball from Tech. Sgt. Brian Lewallen, coach of the Hawks, during the end of season baseball picnic Monday at the Fiesta Center. During the picnic, the base T-ball field received a new name. In a contest where anyone could submit a suggestion for the new name, Capt. Melissa Parent, 47th Flying Training Wing assistant executive officer, won with her suggestion of "Tweety Bird Field."

## **Memorial will limit traffic**

Ribas-Dominicci Circle will close to traffic from 2:55 to 3:55 p.m. today for a dedication ceremony. The West Gate will close to traffic until 4 p.m. To avoid delays, all people are encouraged to use the front gate during this time.

For more information, call Capt. Sean Sullivan at 298-5162.

## **Brown bag luncheon set**

The Health and Wellness Center is sponsoring a brown bag luncheon from 11:30 a.m. to 1 p.m. Wednesday. Dr. (Capt.) Mark Vanderwal will present a program on common childhood disorders. He will discuss how to recognize them, what treatments can be done at home, and how to determine when it is time to call the doctor.

For details, call the HAWC at 298-6464.

## **Pool party scheduled**

The Enlisted Spouses Club will host a summer splash party from 4 to 8 p.m. June 15 at the Friendship Pool. Members and their families will eat free. Nonmembers will pay \$1.

For details or to R.S.V.P., call 298-2180 or 298-7521.

## **M\*A\*S\*H Bash scheduled**

The 47th Medical Group will host a M\*A\*S\*H

# **Newsline**

Bash at 5 p.m. June 21 at the base picnic grounds. Food and fun will be available for all base people and their families.

Squadrons will compete for the "Muddy Boot" award. The competition will include a costume contest for any of the Hawkeyes, Klingers or Hot Lips out there.

Squadrons interested in forming a team should call 298-6464.

This M\*A\*S\*H will serve as a fundraiser for base organizations. Organizations interested in having a booth at this year's event should call Maj. Patricia Jones or Airman Shari Loving at 298-6464.

For more information on the M\*A\*S\*H Bash, call Maj. Nina Watson at 298-6464 or Capt. Jolene Norris at 298-6453.

## **Cub Scouts hold events**

A Knights of the Round Table camping trip is being organized by the Boy Scouts of America. All first through fifth graders can join the Cub Scouts and are eligible to camp July 6-9.

A Cub Scouts pool party is scheduled for 3 to 5 p.m. Saturday at the Friendship Pool.

For more information, call Tech. Sgt. David

Drotts at 298-5995.

The Cub and Boy Scouts will plan to team up with KDLK radio station to help clean up the local community.

For more information, call Mike Osbourn at 734-9494.

## **Force Protection Condition**

Laughlin is currently in Force Protection Condition Alpha with random antiterrorism measures or RAM.

Laughlin members are reminded to remain vigilant and report any suspicious activity to the law enforcement desk at 298-5100.

## **Lost items turned in**

The 47th Security Forces Squadron investigations section has had numerous items turned in, such as keys and jewelry.

If you are missing any type of personal property, call Staff Sgt. Paul Bogumil at 298-5248 with a full description of the missing item.

## **Honor guard needs people**

The Laughlin Honor Guard is looking for motivated airmen and noncommissioned officers to join this elite group of professionals

For more information or if you are interested in joining, call Staff Sgt. Anthony Williams at 298-5159.



# Mission complete: SUPT Class 02-10 graduates today

## Compiled from staff reports

Specialized Undergraduate Pilot Training Class 02-10 graduates at 10 a.m. today in the Anderson Hall auditorium.

The 52-week SUPT program prepares student pilots for the spectrum of Air Force aircraft and flying missions.

Training begins with three weeks of physiological

and academic training to prepare students for flight.

The second phase, primary training, is conducted in the twin-engine, subsonic T-37 "Tweet." In the T-37, students learn flight characteristics, emergency procedures, takeoff and landing, aerobatics and formation flying.

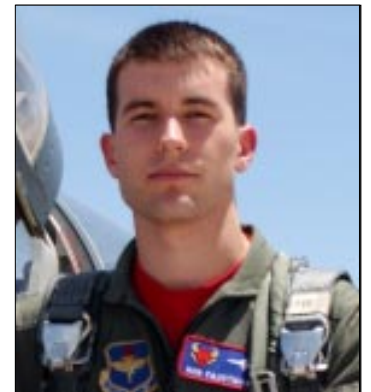
After primary training, the future pilots are selected for advanced in-flight training in a specialized track.

The tracks include tanker and cargo aircraft training in the T-1 aircraft; fighter/bomber training in the T-38; turbo propeller aircraft training in the Navy's T-44; and helicopter training in the Army's UH-1. Advanced training in a track takes about 26 weeks.

Graduates of Class 02-10 have been assigned to aircraft at duty stations throughout the world.



**1st Lt. Gregory Barnes**  
C-17, McChord AFB, Wash.  
Class leader



**1st Lt. Robert Faustmann Jr.**  
F-16, Luke AFB, Ariz.  
Assistant class leader



**1st Lt. Casey Collier**  
C-9, Yokota AB, Japan



**1st Lt. Michael Decz**  
E-3, Tinker AFB, Okla.



**1st Lt. Michael Dorrell**  
C-17, Charleston AFB, S.C.



**1st Lt. Johnnie Green**  
A-10, Davis Monthan AFB, Ariz.



**1st Lt. Zachary Manning**  
T-37, Laughlin AFB



**1st Lt. Javin Peterson**  
KC-135, MacDill AFB, Fla.



**1st Lt. Julio Rodriguez**  
T-38, Laughlin AFB



**1st Lt. Joshua Westby**  
KC-135, Grand Forks AFB, N.D.



**2nd Lt. Frederick Dohnke**  
KC-10, Travis AFB, Calif.



**2nd Lt. John Duke**  
KC-10, McGuire AFB, N.J.



**2nd Lt. Joshua Hicks**  
C-130, Schenectady, N.Y. (ANG)



**2nd Lt. John Johnson**  
C-21, Scott AFB, Ill.



**2nd Lt. Yuki Kimura**  
Japan



**2nd Lt. Marc Launey**  
C-5, Travis AFB, Calif. (AFRES)



**2nd Lt. Michael Lynch**  
F-15C, Tyndall AFB, Fla.



**2nd Lt. Mark Pasierb**  
C-5, Travis AFB, Calif.



**2nd Lt. Sherri Paulson**  
C-17, McChord AFB, Wash.



**2nd Lt. John Schultz**  
T-1, Laughlin AFB



**2nd Lt. Christopher Sopko**  
C-130, Mansfield, Ohio (ANG)



**2nd Lt. Christine Stanaback**  
KC-135, Robins AFB, Ga.

# Laughlin people earn degrees

## Compiled from staff reports

Forty Laughlin people were recognized for their academic achievements during a graduation ceremony May 22 in the Anderson Hall auditorium.

Recent graduates from Embry-Riddle Aeronautical University, Wayland Baptist, Park University and the Community College of the Air Force were recognized at the ceremony. The Laughlin individuals satisfied degree requirements for the Spring 2002 graduation.

Commanders, supervisors, family members, friends and coworkers attended the graduation ceremony to celebrate the graduates' academic success. Dr. Wilford W. Box, Park University academic director, was the guest speaker. Col. George Doran, 47th Flying Training Wing Vice Commander, presented CCAF diplomas; Kathryn Craven, Education Office guidance counselor, presented the Wayland Baptist diploma; Dr. R. Wayne Harsha, ERAU Aeronautical Science associate professor, presented the Embry-Riddle diplomas; and Brian Davis, Park University director of administrative services, presented the diplomas for Park University.

"The Air Force has a tradition of excellence and encourages education for military personnel," said Craven. "Air Force high-tech jobs require a professional, well-trained force. A higher degree helps the Air Force meet its mission requirements and service members attain personal goals toward building a better future."

For more information regarding degree programs available at Laughlin, call the Education Office at 298-5545 or stop by building 316.

"Take advantage of the education and training you have already received and the opportunities available to you at Laughlin," said Craven. "You may be surprised at how close you already are to having a college degree."

Those who graduated and their degree majors are listed.

### Embry-Riddle Aeronautical University

#### Name:

Capt. Jeffrey Dellinger, 47th Operations Support Squadron  
Maj. Jay Niemi, 85th Flying Training Squadron  
1st Lt. Michael Zwolve, 47th Operations Support Squadron

#### Degree:

Master of Aeronautical Science  
Master of Aeronautical Science  
Master of Aeronautical Science

### Wayland Baptist University

Staff Sgt. Gregory Dennis, 47th Contracting Squadron

Bachelor of Science, Business Administration

### Park University

Eduardo Alcaraz  
Joanna Camposano  
Eric Cariaga  
Staff Sgt. Steve Fleming Jr., 47 Medical Support Squadron  
Senior Airman Shaila Lane, 47th Aeromedical Dental Squadron  
Felipe Quiroz  
Senior Airman Carla Rincones, 47th Medical Operations Squadron  
Staff Sgt. Pedro Rivero, 47th Comptroller Flight  
Staff Sgt. Daniel Thiel, 47th Contracting Squadron  
Juanita Vasquez  
Master Sgt. Charles Wingate, 47th Contracting Squadron  
Harvey Battle  
Senior Airman Natosha Blevins, 47th Security Forces Squadron  
Tech Sgt. Jeffrey Cunningham, 86th Flying Training Squadron  
Julissa Thompson  
Kim Woods

B.S., Management  
B.S., Management  
B.S., Management  
B.S., Management  
B.S., Social Psychology  
B.S., Social Psychology  
B.S., Social Psychology  
B.S., Management  
B.S., Management  
B.S., Management  
B.S., Management  
Associate of Science, Social Psychology  
A.S., Social Psychology  
A.S., Management  
A.S., Management  
A.S., Management

### Community College of the Air Force

■ Staff Sgt. Dennis Bensel

Associate of Applied Science,  
Bioenvironmental Engineering Technician

Senior Airman Natosha Blevins, 47th Security Forces Squadron  
Master Sgt. Mark Bowersox, 47th Medical Group

A.A.S., Criminal Justice  
A.A.S., Personnel Administration  
A.A.S., Health Care Management  
A.A.S., Social Services  
A.A.S., Criminal Justice

Master Sgt. Arnold Bush, 47th Flying Training Wing

A.A.S., Financial Management  
A.A.S., Personnel Administration  
A.A.S., Security Administration  
A.A.S., Electronic Systems Technician  
A.A.S., Criminal Justice  
A.A.S., Health Care Management  
A.A.S., Bioenvironmental  
Engineering Technician

■ Master Sgt. Hosea Butler Jr.

Master Sgt. Jorge Caro, 47th Security Forces Squadron  
Tech Sgt. Jeffrey Cunningham, 86th Flying Training Squadron

A.A.S., Construction Technician  
A.A.S., Criminal Justice  
A.A.S., Criminal Justice

■ Senior Airman Daniel Curtis

Master Sgt. Jimmie Davis Jr., 47th Flying Training Wing  
Staff Sgt. Steve Fleming Jr., 47th Medical Support Squadron  
Staff Sgt. Anthony Kelley, 47th Aeromedical Dental Squadron

A.A.S., Social Services  
A.A.S., Allied Health Science  
A.A.S., Financial Management  
A.A.S., Criminal Justice  
A.A.S., Personnel Administration  
A.A.S., Logistics

□ Staff Sgt. Kenneth Legarda, 47th Civil Engineer Squadron

■ Staff Sgt. Adam Lewis

□ Master Sgt. James Martin, 47th Civil Engineer Squadron

Tech. Sgt. Wesley Morris, 47th Flying Training Wing  
Senior Airman Corazon Pol, 47th Aeromedical Dental Squadron  
Staff Sgt. Pedro Rivero, 47th Comptroller Flight  
Senior Master Sgt. Rolland Roth Jr., 47th SFS  
Master Sgt. Kevin Smith, 47th Operations Group  
Tech. Sgt. Daniel Thiel, 47th Contracting Squadron

■ Recently made a permanent change of station move □ Winners of the 2002 Pitsenbarger Award for Laughlin



## 'Survey,' from page 1

Overall, the Air Force had a 65 percent participation rate for the survey, while Laughlin had an 81 percent participation rate.

"I want to thank those individuals who took the time to complete the survey," said Col. Rick Rosborg, 47th Flying Training Wing Commander. "We surpassed our participation count for 1999 by almost 1,000 people."

According to the colonel, the survey results will now be assessed to look for potential areas of improvement.

"Based on the results for this year's survey, and compared with the results from 1999, Laughlin shows an increase in 12 of the 13 categories surveyed," said Rosborg. "Laughlin had a slight drop in the Unit Performance Outcomes category from 94 to 93 percent but, overall, the organizational climate of Laughlin is in great shape."

## Laughlin CSAF Survey results

Total Agree = (Slightly Agree + Agree + Strongly Agree)



Rosborg said that Laughlin teamwork played a large role in the overwhelming participation of the CSAF Survey.

"I must commend the commanders, staff agency chiefs and supervisors for taking care of their people and getting the mission accomplished," he said. "In addition, when we compare our survey results with the

overall Air Force results, we again show an increase in 12 of the 13 categories and one category with the same results. So, Team XL continues to perform in an exemplary manner."

Gen. John P. Jumper, Air Force Chief of Staff, has asked each commander to conduct a unit feedback session on his or her specific survey results by June 30.



(Courtesy photo)

## Deployed

Airman 1st Class Becky Lederer, 47th Aeromedical Dental Squadron Aerospace Physiology, is deployed to Al Jaber Air Base, Kuwait, where she is serving as a third country national escort. Lederer is expected to return to Laughlin this week.



Photo by Randall Tweedy

## The fast track

A Porsche car cruises around the track Saturday during the Second Laughlin Autocross at the flightline here. Twenty-five people entered the event, which was an opportunity for people to learn car-control concepts. The course was challenging and rewarded driver skill and penalized aggressive driving. The event was a team effort, with participants also working the event so others could drive as well.

## Good study habits make good students

**By Dr. (Capt.) Lisa Firestone**

*47th Medical Group flight surgeon*

Summer. It used to be synonymous with vacation and long, lazy days filled with swimming, hanging out with friends and, of course, sleeping in. However, for the student pilots of Laughlin, summer is no picnic. The rigors of specialized undergraduate pilot training remain unrelenting under the scorching Del Rio sun.

For many student pilots this the most challenging year they have ever faced. Succeeding requires the use of effective study habits while trying to balance the roles of student, officer, friend, spouse and parent.

The following are study tips to help one juggle all of these roles and still come out on top.

■ **Plan your time.** Schedule each day in a daily planner. Remember to include not only study time but also workouts and family time.

■ **Get organized.** Keep all study materials in one place. Stock up on pens, pencils, highlighters, notebooks and flashcards so when you need these materials you won't be empty handed.

■ **Stay focused and on task.** Let family and friends know when you will be studying. Unplug the TV, turn the computer off, and turn on the answering machine. If that is not enough to overpower your urge to procrastinate, go to the library or somewhere else with fewer distractions.

■ **Form a study group.** Make sure that you are prepared beforehand. Jot down any questions or concepts that are unclear and bring them with you to the study session. At the end of the session, quiz one another on the material you have covered.

■ **Read test questions carefully.** Understand what the question is asking. Look over your exam after you have finished it. While many test-taking experts say first instincts are best, a study of 1,000 students at the University of Michigan found that answers were changed from wrong to right 2.5 times more often than they were changed from right to wrong.

■ **Set short and long term goals.** Know what you want to accomplish out of each day. Keep in mind the long term goals of getting your airframe of choice and your wings, but focus on each individual step necessary to achieve them.

■ **Remember to take time for yourself.** Relax. Eat a good meal. Workout. Watch a movie. Success comes from a balance of work and play.

Friday, the Border Eagle. Wednesday,  
this newspaper: [http://www.af.mil/  
newspaper](http://www.af.mil/newspaper)

**If you  
know of or  
suspect  
Fraud,  
Waste and  
Abuse, call  
the FWA  
hotline at  
298-4170.**



## The *XLer*

**Hometown:** Beaumont  
**Family:** Husband, David; daughter, Patrice, an Air Force captain and second-year law student; daughter, Carol, who will graduate in September with a degree in Medical Technology.

**Time at Laughlin:** 11 years

**Time in service:** 19 years

**Greatest accomplishment:**

At my age, having the desire to learn as much as possible and doing what it takes to achieve it.

**Hobbies:** Reading and traveling

**Bad habit:** Attempting to do more than one thing at a time

**Favorite film:** A Song of Bernadette

**Favorite musician:**

Patti Labelle

**If you could spend one hour with any person, who would it be and why?** Jesus Christ.

I would ask him, "Does it sadden you when people don't believe in God without proving he doesn't exist?"



Photo by Senior Airman Brad Pettit

**Jennifer Pugh**

47th Civil Engineer Squadron  
housing management assistant

## Chapel Schedule



### Catholic

*Saturday*

5 p.m., Mass

*Sunday*

● 9:30 a.m., Mass

● 11 a.m., Little Rock Scripture Study in Chapel Fellowship Hall

*Thursday*

6 p.m., Choir

*Tuesday-*

● 12:05 p.m., Mass

*Friday*

● 12:05 p.m. and 7 p.m., Holy Days of Obligation

*Reconciliation* Before Sunday Mass, Wednesday from 7 to 9 p.m. and by appointment

*Religious Education/*

*Bible Study*

11 a.m. and noon Sunday

### Jewish

Call Max Stool at 775-4519

### Muslim

Call Dr. Mostafa Salama at 768-9200

### Nondenominational

*Friday*

7 p.m., Unity in Community Services

### Protestant

*Sunday*

11 a.m., General worship

*Wednesday*

● 12:30-2:15 p.m. and 6 to 7 p.m., Women's Bible Study at chapel

● 6 p.m., Choir at chapel

**For more information on chapel events and services, call 298-5111.**



**The Air Force  
rewards  
good ideas with  
money.**

**Check out the  
IDEA**

**Program data  
system at**

**[https://  
ideas.satx.disa.mil](https://ideas.satx.disa.mil),  
or call 298-5236.**

## Training the WORLD'S BEST PILOTS

*Instructor Pilot Focus*

**Name:** Capt. Paul Cover  
**Squadron:** 47th Operations  
Support Squadron  
**Pilot Training Base:** Colum-  
bus Air Force Base, Miss.  
**Date of Graduation:**  
Nov. 18, 1994  
**Aircraft you flew and base  
you were stationed before**  
**Laughlin?** KC-10, McGuire  
Air Force Base, N.J.



Cover

**Mission of your primary aircraft?** Air refueling/  
strategic airlift  
**What is the most important thing you learned at  
pilot training besides learning to fly?** How to  
two-step. I've since forgotten, just ask my wife.  
**What advice would you give SUPT students at  
Laughlin?** Spend time with your buddies. It's the  
friendships that you'll cherish down the road.

### Thinking about getting out? Think again!

Call the career assistance adviser at  
298-5456 for guidance.

## Bonuses paying off for recruiting, retention efforts

**By Tech. Sgt.  
Jurita G. Barber**  
*Air Force Print News*

For all the recent inno-  
vations in recruiting  
and retaining quality  
people, including increased  
recruiting manpower nation-  
wide, Air Force officials  
have discovered a simple  
process, based on an age-old  
principle, for attracting  
America's best.

Money talks.

Air Force officials at the  
Pentagon are crediting the  
Enhanced Initial Enlistment  
Bonus program, instituted in  
October 1998, for higher  
numbers of six-year enlistees  
and the subsequent reduction  
of training costs those longer  
enlistments bring. Similar  
credit is being given to the  
Selective Re-enlistment Bo-  
nus program for improved  
retention rates.

Under the EIEB pro-  
gram, a six-year enlistment  
bonus ranges from \$2,000 up  
to \$12,000, and a four-year  
bonus could be \$1,000 to  
\$3,000.

Prior to 1998, only four  
skill specialties were eligible  
for enlistment bonuses. Cur-  
rently, 27 of 200 specialty  
skills, plus all specialty skills  
within the electrical and me-  
chanical aptitude areas, are  
now being offered both the  
six-year and four-year EIEB,  
said Lt. Col. Francine  
Blackmon, chief of the Air  
Force skills management di-  
rectorate of personnel re-  
sources.

Another 48 specialty

skills are eligible for only the  
six-year EIEB, while 30 spe-  
cialty skills are eligible for  
six-year enlistment with no  
bonus.

From 1997 to 2001, the  
Air Force spent more than  
\$245 million on enlistment  
bonuses. The budget for fis-  
cal 2002 is \$133 million. The  
bonuses are paid after the  
completion of technical train-  
ing and the member has been  
at his or her first permanent  
duty station for one month.

Of those recently enlist-  
ing, 51 percent opted for the  
six-year term. In 1997 only  
four percent of new recruits  
joined for six years.

This is a good investment  
for the Air Force, Blackmon  
said, because it helps to  
lower training costs and re-  
tains people in the system six  
years versus the traditional  
four. She said that six-year  
enlistees also benefit from  
the longer enlistment, not  
only by receiving the bonus,  
but through other ways as  
well.

"Someone joining the Air  
Force for six years in one of  
these skills can expect to re-  
ceive an EIEB bonus, and  
graduate from training as an  
airman first class,"  
Blackmon said. "This gives  
them more money in their  
paycheck each month, and a  
head-start on promotion to  
senior airman and staff ser-  
geant."

For Airman 1st Class  
Laquetta Chavis, an evalua-  
tion apprentice in the 11th  
Mission Support Squadron at

Bolling Air Force Base,  
D.C., the EIEB was a defi-  
nite factor in her decision to  
join the Air Force.

"At my age, 19, the Air  
Force offered many benefits,  
and the bonus was a little ex-  
tra they gave to take care of  
you," she said.

Chavis took advantage  
of that little extra. She saved  
half of her \$5,000 bonus and  
enjoyed a little spending  
spree with the rest, including  
a down payment on a new  
car.

Such programs,  
Blackmon said, will not only  
have a positive impact on the  
member's decision to come  
into the Air Force, but to stay  
in as well. While historical  
data and trends indeed indi-  
cate that six-year enlistees  
are more likely to re-enlist,  
the statistics in the next  
couple of years will show if  
retention rates for first-term  
airmen are climbing, she  
said.

For those considering re-  
enlistment, the selective re-  
enlistment bonus program is  
in place for certain skills.  
The primary objective is to  
retain members with critical  
skills to sustain force objec-  
tives in those areas. An esti-  
mated \$258 million has been  
authorized for 161 specialties  
in fiscal 2002.

All skills are continually  
evaluated to determine if  
they qualify for the EIEB  
and SRB programs. If a skill  
is no longer in a shortage sta-  
tus, it will be removed from  
the program.

**Interested in the Air Force?**  
*Call Del Rio's Air Force  
recruiter at 774-0911.*



# Team effort brings U.S. flag to school children

**By Tech. Sgt. Ginger Schreitmuller**  
*Air Force Special Operations Command Public Affairs*

HURLBURT FIELD, Fla. — Hand-drawn pictures and notes from Laurel Hill School near Crestview, Fla., made their way across the ocean to hang in troop tents throughout the Afghanistan area of operations.

Soldiers, sailors, airmen and Marines supporting Operation Enduring Freedom did not toss away the notes. Many sent letters back to the students, just to let them know the acts of kindness were appreciated.

One group of airmen wanted to do more. A “thank you” note did not seem like enough. The

“thank you” one captain had in mind would require coordination and team effort from across the military services and several Air Force major commands.

“We received a stack of letters from the school and sent a lion’s share of them further ‘down range,’” said Capt. Norman Prue, stationed in Turkey. “All of the troops who have read the letters are overwhelmed with the effort and support from the students. Their words go a long way. It’s the little things that matter most and the letters have meant a lot!”

The captain, a wing plans officer assigned to a U.S. Air Forces in Europe unit, arranged to have an American flag flown over Afghanistan

airspace. The flag was flown on a C-17 Globemaster III, assigned to Air Mobility Command’s 62nd Airlift Wing from McChord Air Force Base, Wash.

With the flag back from its mission over the war-torn nation, now the question was how to get it back to the students at Laurel Hill. That is when an Air Force reservist assigned to Air Force Special Operations Command headquarters stepped into the picture.

Master Sgt. Bob Heinzl was forward deployed supporting Enduring Freedom when he heard about the mission to get the flag back to Florida.

“I was returning to the

states and offered to bring the flag back with me,” said Heinzl, who is also a civilian employee at Eglin Air Force Base, Fla., as well as an individual mobilization augmentee in the Reserve. “A lot of people made it happen, and I was honored to be the one to bring it back safely.”

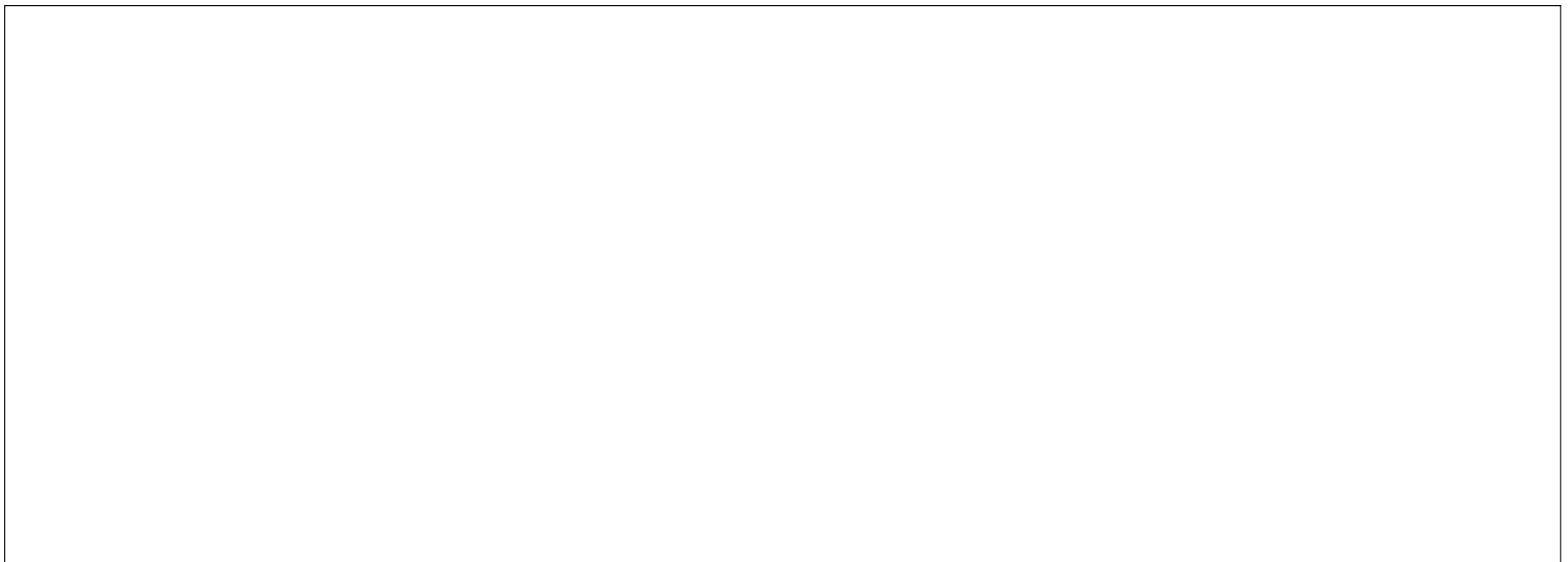
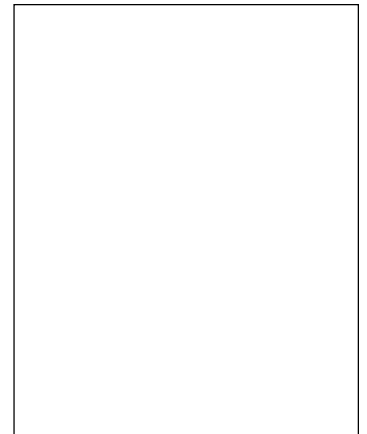
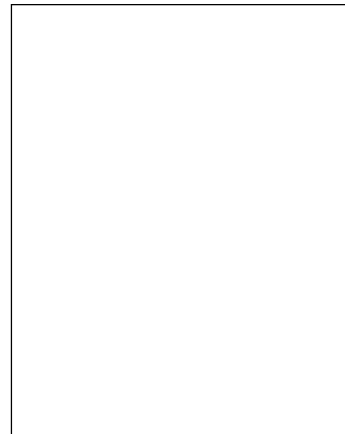
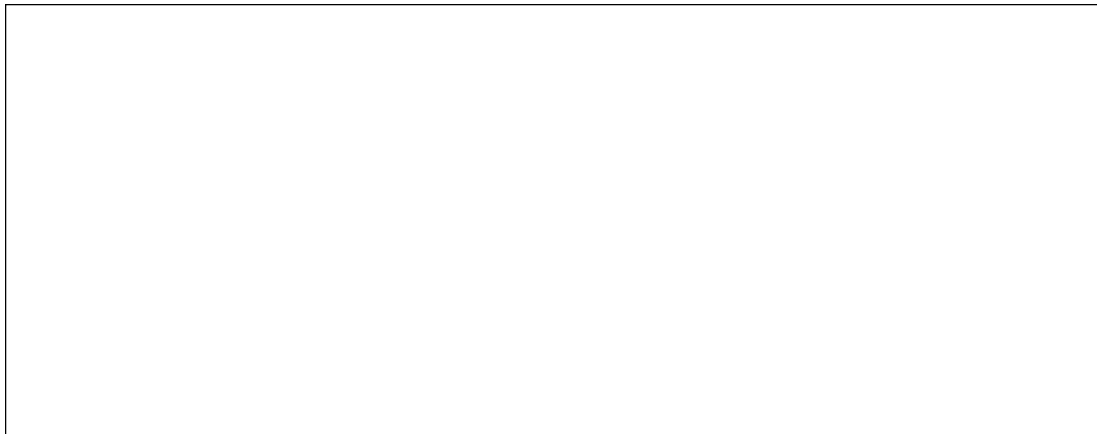
With the flag secured at Hurlburt Field, plans were made to present the flag to the school. First Lt. Tim was one person who made the trip to the school for the presentation May 22.

“When you’re fighting every day, you tend to lose focus of a lot of things,” said Tim, who recently returned from supporting Operation Enduring Freedom. “When

you open a letter from home, it helps you refocus. I can’t tell you how much it meant to read those letters.”

Laurel Hill School serves pupils in kindergarten through 12th grade and all were involved in the project. In a note to Prue, the school’s principal said the flag was a gift the entire school appreciates.

“We do indeed have a student body that is caring and concerned about our military,” said Dr. Diane Kelly. “It is our hope that these caring young people will carry their desire to help others into their adult lives. Thank you for acknowledging their actions to you and your colleagues. We will cherish your gift.”



# Sportslines

## Softball spots available

All active-duty men interested in competing for a spot on the Air Force men's softball team must submit Air Force Form 303 to the XL Fitness Center by Monday. Forms are available at the fitness center.

For more information, call Tech Sgt. Rick Horn at 298-5251 or Tom Kerr at 298-5326.

## Volleyball tournament

The Sandmasters Volleyball Tournament will be held at 2 p.m. June 15 at the FamCamp located next to the R.V. park. The tournament is a four-person tournament. Sign-ups will be taken at the Fitness Center through Thursday.

For more information, call Staff Sgt. Timothy Coffey at 298-5251.

## Weight loss can be a tricky business

By Dr. (Capt.)  
**Lisa Firestone**  
47th Medical Group  
flight surgeon

**Y**ou see them on television, in magazines and on the radio.

"Magic" pills that promise to melt the weight away.

Weight loss in a bottle. To listen to the ads, being thin and in shape all seems so simple. Yet if weight loss is simply a matter of swallowing a pill, why are there more than 97 million overweight Americans?

The human body is home to 30-40 billion fat cells. While it may feel as though these cells are simply there to wage war on appearances, they saved our ancestors lives by storing fat and keeping them from starving. However, in today's society there is often an overabundance of food available. In addition, we're more likely to spend our days crossing the room from the TV to the refrigerator rather than crossing the frozen tundra in search of food and shelter.

Being overweight is not just a matter of appearances. With an increase in weight comes a significant increase in health problems. Overweight people risk having high blood pressure, high cholesterol, type 2 diabetes mellitus, coronary artery disease, gallbladder disease, stroke, osteoarthritis and respiratory problems. These problems not only decrease a person's life span but also affect the quality of life.

With stakes as high as

these, it's no wonder many people jump on the bandwagon and believe that a pill/shake/powder will miraculously help them lose weight. Don't fall into a pothole on the road to weight loss and maintenance.

Here are some tips to get started:

■ Be realistic. Remember, you want to be healthy and in shape, not unrealistically or dangerously thin. You can figure out where you stand by calculating your Body Mass Index. For those who are allergic to math, come by the flight medicine clinic and we will calculate your BMI.

First multiply your weight in pounds by .45. Then multiply your height in inches by .025. Square this number. Divide your answer from step 1 by the answer from step 3. This is your BMI.

If your BMI is 25 or greater, you would probably improve your health with weight loss. If your BMI is under 19, you are most likely underweight. Target BMI is 19-24.

■ Take a look at your eating habits. Your diet should be well-balanced and include 50-65 percent carbohydrates, 20-25 percent protein, and the remainder from unsaturated fats (i.e. choose olive oil over butter or meat fat). For healthy snacks, try peanuts, soy nuts, air popped popcorn, pretzels or yogurt. Stock the refrigerator with sliced vegetables and fresh fruit.

■ Become an educated eater. Read labels to learn what constitutes a portion size. A serving of chicken or

fish is about the size of a deck of cards. One ounce of nuts is a handful. Two tablespoons of peanut butter is the size of a ping pong ball. One serving of bread is one slice or 1/4 of a standard sized bagel.

■ Add exercise to your daily routine. Weight loss comes about as a combination of dietary and exercise patterns, not one or the other alone. In addition to strength training, incorporate at least 20 minutes of aerobic activity three times per week.

■ Plan ahead. Pack a lunch and take it to work. Set out breakfast materials before you go to bed, of course, keep the milk in the refrigerator. Keep healthy snacks on hand both at home and work so you are not tempted to visit the vending machine mid-afternoon.

■ One pound of fat is 3,500 calories. Strive to lose 1/2 pound per week. This can be achieved by decreasing your daily caloric intake by 250 or by increasing your calorie expenditure by 250 calories. At rest a woman burns 11 calories per pound per 24 hours and a man burns 16 calories in the same time period. This means that a 150 pound couch-potato woman who does nothing but lie on the couch all day will burn 1,650 calories per day. An equally lazy man of the same weight will burn 1,800 calories.

To find out more about exercise and healthy eating, stop by your physician's office, the gym or the Health and Wellness Center.

**Avoid heat stress. Stay cool.  
Drink plenty of water.**